



Bishop Walsh

Catholic School Newsletter

Safeguarding and Mental Health Newsletter – Term 2 2023 24

Forthcoming Dates

Blue Monday 15th January 2024
Children’s Mental Health Week 5th to 11th
February 2024
Eating Disorder Awareness Week 26th Feb to
3rd March

Other topics

KOOTH Updates
Exam Stress and Tips
Road Safety
Wellbeing and Mental Health
Coping Strategies

Follow Us on Twitter

Follow us on Twitter: @bishopwalsh
We keep adding to this for current Safeguarding
and Mental Health related issues/stories

Lead DSL



Mr A Hamill

DSL Team @BW

Mr A Hamill
Miss E Doyle
Miss S Mannion
Mr T Killworth
Mrs S Chilwan
Ms Rogers
Miss Kemp
Miss Fraser
Mrs Cooney

Blue Monday

When is Blue Monday 2024?

Blue Monday is typically observed on the third Monday in January. In 2024, it falls on January 15th.

How to Cope with Blue Monday 2024?

Coping with Blue Monday and managing feelings of sadness or depression requires self-care and support. Here are some strategies to help:

Reach Out: Connect with friends, family, or a mental health professional to share your feelings and seek support.

Practice Self-Care: Engage in activities that promote well-being, such as exercise, meditation, or hobbies you enjoy.

Set Realistic Goals: Break tasks into manageable steps to reduce feelings of overwhelm.

Acknowledge Emotions: It's okay to feel sad, but try to identify and challenge negative thought patterns.

Limit Stressors: Reduce exposure to stressors when possible, and prioritize self-compassion.

History of Blue Monday

The concept of Blue Monday was first introduced in 2005 as part of a marketing campaign for a travel company. The formula used to calculate the date takes into account various factors such as weather, debt, time since Christmas, and time since failing New Year's resolutions. While the scientific validity of Blue Monday has been questioned, it has led to increased awareness of mental health issues and the importance of supporting those who may be struggling.

Relevant Hashtags

When discussing Blue Monday 2024 and sharing messages of mental health support and self-care on social media, consider using these hashtags:

#BlueMonday

#MentalHealthAwareness

#SelfCare

#YouAreNotAlone

Using these hashtags can help spread awareness of the significance of Blue Monday and encourage conversations about mental health.

Children's Mental Health Week

Children's Mental Health Week will take place from 5-11 February 2024. The theme this year is **'My Voice Matters'**.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.

During Children's Mental Health Week, we want all children and young people to be able to say – and believe - "My Voice Matters."

We encourage parents/carers to engage in conversations with their children about their feelings and emotions. Encourage open and non-judgement dialogue to help them express their thoughts and concerns

Here is a [link](#) to some activities you can do at home and some tips for parents/carers to help your children.

Event Hashtags

When participating in Children's Mental Health Week on social media, consider using these hashtags to connect with others and contribute to the conversation:

#ChildrensMentalHealthWeek

#KidsMentalHealth

#MindfulKids

#PositiveMentalHealth

#YouthWellBeing

These hashtags can help raise awareness and engage a wider audience in discussions about children's mental health.

Eating Disorder Awareness Week

Eating Disorder Awareness Week takes place from the 26th February to the 3rd March.

Around 1.25 million people suffer from an eating disorder, many in secret. These are of all ages, genders and backgrounds.

There are 4 types of eating disorders

Bulimia Nervosa: when someone huge amounts of food at any one time (binging) and then ridding themselves of that food through by vomiting and laxative abuse (also known as purging) or over exercise.

Binge Eating and Compulsive Eating: Someone who Binge Eats or Emotionally Eats will do so in binge episodes usually secretively and usually when emotionally they are not coping well with their problems in life. Someone who Binge Eats or Emotionally Eats will do so in binge episodes usually secretively and usually when emotionally they are not coping well with their problems in life.

Anorexia Nervosa: Restrictive Anorexia is when someone restricts their diet to the point of starvation and have an intense fear of gaining weight. They have an abnormal pre-occupation of food and food issues. They have a false belief that by managing body weight and shape they will be happier.

"OSFED" – Other Specified Feeding and Eating Disorders: The simplest way to describe this is if two eating disorders cross over. This is linked with **"ARFID" Avoidant restrictive food intake disorder:** ARFID is similar to Anorexia but not due to any body image issue.

Here are 3 organisations that have information and help

Beat: <https://www.beateatingdisorders.org.uk/about-beat/>

Seed: <https://seed.charity/>

NEDA: <https://www.nationaleatingdisorders.org/>

These websites are really good. Seed has lots of resources to help yourself/child.

KOOTH updates

We're still here for children and young people over the Christmas holidays. We offer slightly reduced [chat hours](#) around the Christmas and New Year period, but our team is still available to support children and young people every day.

Helpful resources

- Kooth winter activity sheets: Take a look at our [18 activity](#) sheets for young people to explore their emotions, relationship skills, and coping techniques. These are perfect for end-of-term lessons and tutorial time! Choose between grounding or energetic activities, and find ideas for sessions from 10 minutes up to 45 minutes.
- Support guides for students: Our [6 new support guides](#) offer helpful advice and information on social anxiety, eating difficulties, self-injury, suicidal thoughts, and safety plans, in addition to a young person's experience on Kooth.
- National Grief Awareness Week (2-8 December): Keep an eye on our [Instagram](#) during grief awareness week. We'll be sharing a series of videos to support young people struggling with grief.
- New social media assets: Check out our brand-new [digital posters and video assets](#), as well as our suggested tweets and templates, which you can share in your emails, websites, learning portals, and social media channels.

Please share details of this KoothTalks webinar for parents and carers:

- **Support for young people experiencing anxiety or stress this winter:** [Thurs 14 Dec, 6-7pm](#)

We'll be running a new KoothTalks webinar programme in 2024! Watch this space for more details on our 2024 KoothTalks webinars, including topics such as **self-harm**, **eating difficulties**, and **Muslim faith and mental health**.

Did you miss any of our 2023 KoothTalks webinars? Check out our [Vimeo](#) with our bank of past webinars from this year.

Exam Stress

It's normal to feel stressed and worried about exams. Stress is your body's natural response to pressure. While it can help you focus and feel motivated to get things done, sometimes it can feel hard to manage.

Year 11/13, remember to check the Pastoral Google Classroom where Miss Doyle and Miss Page have uploaded notes from Caroline from Managing Minds assembly.

YoundMinds have created the following [guide](#) for young people
It covers the following 5 areas

1. [Coping with exam pressure](#)
2. [How to deal with exam stress](#)
3. [Revision tips](#)
4. [Dealing with disappointment on results day](#)
5. [Get help now](#)

Exam stress can affect anyone and it can show up in different ways. For example, you might:

feel anxious or depressed
feel irritable and angry
struggle to sleep
notice changes to your eating habits
have negative thoughts about yourself
worry about the future
lose interest in the things you enjoy
struggle to focus and concentrate
feel unwell – for example, you might get headaches, feel sick or tired

You might experience symptoms of stress that aren't listed here, and that's okay. We are all different and cope with stress and pressure in different ways.

If you notice any of these feelings or you're worried that exam pressure is taking over your life, you are not alone.

Reach out to a teacher or your tutor for help.

Road Safety

ROSPA

Walking is an excellent way to get about and provides a wide range of health and environmental benefits. Unfortunately, it also carries a certain amount of risk, and so we need to ensure that more walking does not lead to more pedestrian casualties. [This page](#) contains our advice and information on pedestrian safety.

We are having some complaints from both staff and members of the public about pupils who are walking home and either pushing each other or running into the road in front of traffic. Parents please talk to your children about the importance for them and motorists to be safe while walking on the footpaths

Coping Strategies

Coping is a strategy to help us with challenging situations. People who are equipped with more strategies cope better.

Below are my top tips on Coping Strategies, having lots of different strategies means you can pick and choose the most appropriate for that moment (and work through them if one isn't working)

1. Breathing: (repeat for 5 to 10 mins)

- 4 seconds breathing – breathe in for 4, hold for 4 and breathe out for 4
- Candle – when breathing out, breathe softly as to not blow out the candle
- Square breathing – breathe in, hold and breathe out as you trace out a square (or triangle).

2. Grip the floor with your toes (release and repeat) and do the breathing exercise above
3. Wrist Dragging ([Video](#))
4. Relax, starting at your feet, squeeze them tight, curling your toes and then release and these tensed muscles so your feet relax, and feel weightless. Continue this process through your ankles, calves, shins, knees, thighs, bottom, lower back, stomach, chest, shoulders, upper arms, lower arms, hands, neck, mouth and eyes.
5. Exercise
6. 5 Senses – 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 you can taste.
7. Think about something positive – relive a Happy moment, imagine you are right back in that moment, focus on it and allow yourself to enter that positive state – be in the moment.

Useful Websites: (all hyperlinked)



Pause is here for you, if you are under 25 and have a Birmingham GP. We offer a non-judgemental listening ear, self-help strategies plus skills for managing difficult situations and feelings. We are open 10am-6pm, seven days a week.

Drop us an email on askbeam@childrenssociety.org.uk or call 0207 8414470 and we will arrange for one of our friendly team to call you back.



Your online mental wellbeing community (in Birmingham)



Things to do to help Mental Health

- **Stay active** – go for a walk or run
- **Talk with family/friends** – have a cuppa and don't think about school/work
- Take time away from electronic devices such as laptops and mobile phones
- **Do some colouring in**

<https://coloringhome.com/online-coloring-pages-for-teenagers>

- **Do some cooking/baking**

<https://www.bbc.co.uk/food/recipes>

- **Play a board game and/or a card game**
- **Listen to calming/relaxing music**
- **Exercise**

- If you are new to **exercise** and don't know where to start, the [NHS has lots of advice](#) and guidelines you should follow as well as some gentle introductory exercises recommended for beginners.

Should you need to contact the school

